

Wexford

Information for Women
experiencing violence

Enough
is
Enough



A Safety and
Empowerment
Guide for Women



Information for Women experiencing violence

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Enough is Enough



The printing of this booklet has been funded by Cosc.

What is Cosc?

Cosc is the National Office for the Prevention of Domestic, Sexual and Gender-based Violence. Cosc is an Irish word and means “to stop” or “to prevent”. Following a Government Decision, Cosc was established in June 2007 with the key responsibility to ensure the delivery of a well co-ordinated "whole of Government" response to domestic, sexual and gender-based violence. The work of Cosc covers issues relating to domestic and sexual violence against women and men, including older people in the community.

The current primary function of Cosc is to drive the implementation of the first National Strategy on Domestic, Sexual and Gender-based Violence 2010-2014.

Cosc's Mission

Cosc work to improve the delivery of a well co-ordinated effective response to domestic, sexual and gender-based violence in Ireland. It does this by facilitating action for the prevention of these crimes, the protection of victims and the provision of services for those affected.

Further details on Cosc, on its work, as well as more information on domestic, sexual and gender-based violence are available on its website. Please visit www.cosc.ie.

Chairperson's Foreword

On behalf of the Wexford Local Area Network on Violence Against Women. I welcome you to this information booklet. The Network has been working together since 1999 to improve services for women in County Wexford who are experiencing Domestic violence.

One of the aims of the Network is to identify the needs of women who experience physical, sexual and psychological violence in the county and to develop appropriate responses. The Network is aware that women who have experienced any form of violence need practical and emotional support to enable them to change their circumstances. We believe that providing accessible information in this booklet not only supports the women but also offers a resource to local groups and agencies working with them. The booklet provides information on a very broad range of services available throughout the county of Wexford.

I would like to thank all the members of the committee for their on-going commitment to developing the Network and in particular for their support in updating this booklet.

Anita Carroll, Chairperson.

Introduction

The incidence of violence against women in Ireland is widespread. Most violent attacks on women are not perpetrated by strangers but are carried out by men who are known to them, frequently in the women's own home. A feature of these attacks is their recurrent nature, they are rarely once off.

Violence is wrong, it is a criminal offence and there is no acceptable or tolerable level of violence.

The purpose of this booklet is to provide information on the various support services in Wexford for those who experience physical, sexual and /or emotional abuse. The information included is intended as a guide only and it is recommended that the reader seek information or support directly from a relevant agency. While this booklet is specifically for women, it will be of use to any person experiencing violence. **If you are a woman experiencing violence in Wexford you are not alone; there is help available.**

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My Safety Plan

If you are in danger and have to leave in a hurry a safety plan will assist you to get out to safety as soon as possible.

Step One - Think about

- Where you can go to make a telephone call.
- A safe place where you can go to stay in an emergency. This may be with a friend or a relative, a women's refuge, a hotel or a B&B.
- The telephone number of the safe place.
- How to get to the safe place. Decide how you will get to the safe place at different times of the day or night.
- The number of a local taxi firm.
- What to tell the children, and how to tell them, when you need to put the safety plan into action.
- If you can discuss your safety plan with a trusted friend so that they can support you if you need to put it into action.

Step Two - Important numbers

Women's Refuge _____ Taxi _____

Garda Station _____ Doctor _____

Law Centre _____ Housing _____

District Court _____ Family _____

Health Centre _____ Friends _____

Source – ADAPT Services, Limerick.

Step Three

Collect together the following items. Hide them somewhere you can get them in a hurry.

- Enough money to get to a safe place by bus or taxi
- An extra set of keys for your home
- Extra clothes for you and your children
- It may be a good idea to put them in a bag and store with a friend

Step Four

Think about where you can find the following items in a hurry. Have a bag ready.

- School uniforms and some of your children's favourite things
- Essential medicines
- Health Service Executive and Department of Social Protection require personal identification and evidence to access your entitlements e.g. Any court orders - PPS card - Medical Card
- Marriage; Birth; Certificates; Bank details; Pay slips

Step Five

Keep your safety plan in a safe place. Ideally somewhere you can get it quickly if you need to leave in a hurry. If you suspect your partner is going to attack you, leave as soon as possible before the attack takes place.

Remember Your Safety Comes First

Don't worry if you leave anything behind. You can go back later, with a Garda for protection, if you need to collect other things.

This is a re working of the safety plan prepared by ADAPT and permission to use it is gratefully acknowledged. Further copies of this leaflet can be obtained by writing to ADAPT Services, Rosbrien Limerick.

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Accommodation

Wexford Women's Refuge

Distillery Road Wexford Town. Helpline 1800 220 444, Office 053 9121876. wexrefuge@eircom.net. A free support and information service for women experiencing domestic abuse. Drop in or by appointment.

- 24 hours Crisis Accommodation
- 24 hour Helpline Service
- Outreach Support Countywide
- Court Accompaniment/Advocacy

Clonmel Women's Refuge 1800 576 757

Amber Kilkenny Women's Refuge 1850 424 244

Wexford County Council Social Workers:

Carmel King (New Ross and Enniscorthy area)

Telephone 053 9196710, 087 8102590

Brendan Hynes (Wexford, Bunclody and Gorey areas)

Telephone: 053 9196457 or 087 1444570

Providing a social work service to victims of domestic violence and assists them in accessing safe accommodation.

Support Services

Women's Aid

Telephone 1800 341 900 (Freephone national helpline)

10.00am to 10.00pm, 7 days. Email: info@womensaid.ie www.womensaid.ie

National helpline for women experiencing domestic abuse.

Men Ending Domestic Abuse (MEND)

Contact 086 1075449 www.mend.ie

Programme to help men stop being violent towards their partners and to support their partners.

Amen

Helpline 046 9023718, Email info@amen.ie, www.amen.ie

Amen provides a confidential helpline and support service for male victims of domestic abuse and their children.

An Garda Siochana (24 hours)

An Garda Siochana

Telephone 999 0r 112 or your local station

Garda Domestic Violence and Sexual Assault Investigation Unit (Dublin).
Telephone 01 4755555 01 4781822

Local Garda Station	District	Telephone
Ballycullane	New Ross	051 562121
Blackwater	Enniscorthy	053 9229142
Bunclody	Gorey	053 9477102
Campile	New Ross	051 388103
Carrickbyrne	New Ross	053 9240542
Carrick-on-Bannow	New Ross	051 561122
Castlebridge	Wexford	053 9159221
Clonroche	Enniscorthy	053 9244102
Courtown Harbour	Gorey	053 9425102
Duncannon	New Ross	051 389102
Enniscorthy	Enniscorthy	053 9242580
Ferns	Enniscorthy	053 9366104
Glynn	Wexford	053 9128142
Gorey	Gorey	053 9430690
Kilmore Quay	Wexford	053 9129642
Kiltealy	Enniscorthy	053 9355222
New Ross	New Ross	051 426030
Oulart	Enniscorthy	053 9236102
Oylegate	Enniscorthy	053 9238132
Rosslare Pier	Wexford	053 9133204
Rosslare Strand	Wexford	053 9132103
Taghmon	Wexford	053 9134102
Wexford	Wexford	053 916520

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Counselling Services

Wexford Rape & Sexual Abuse Support Services

Clifford Street Wexford Telephone: 053 9122722 Email wexrapecrisis@eircom.net

Helpline 1800 330033 Website www.wexrapecrisis.com

Monday to Friday 10.00am to 5.00pm. Evening appointments by arrangement.

Outreach Services Enniscorthy, New Ross and Gorey by appointment.

A free counselling service to survivors of rape, child sexual abuse and sexual harassment. Also support to the non-abusive family members and friends affected by sexual violence. Service is offered to both male and female survivors.

Educational Awareness Programme for Schools and also Advocacy and Court accompaniment.

Family Life Services

St Bridget Centre, 12 Roche's Road Wexford. Telephone 053 9123086

Contact Maria Kennedy– Monday to Friday 10.00am to 1.00pm.

A marriage and relationship care and Counselling service.

Cura

St Brigid's Centre, Roches Road, Wexford. Telephone 053 9122255

Lo-Call 1850 622626, email: curacares@cura.ie

Offers free pregnancy testing; counselling; friendship; social welfare information; and support during and after pregnancy; accommodation and post abortion counselling. All services are free.

HSE Bereavement Counselling service

The HSE established a bereavement counselling services for persons bereaved as a result of sudden traumatic death due to external causes. Family members who have been bereaved as a result of suicide, homicide, road traffic accident, drowning etc. shall be eligible to access the service which shall be free to the bereaved and provided by professional counsellors contracted to provide such a service. The Service may be accessed by referral in writing to it by G.P.s, Social Workers or Psychologists only to:

Regional Bereavement Care Liaison Officer,

Front Block, St Patrick's Hospital, John's Hill, Waterford Telephone: 051 874013

Counselling Services

Console

Console House, 14 Francis Street, Wexford. Telephone 053 9122787

Contact Denis O'Connor, Email denis@console.ie

Console was established in 2002 by families that experienced the grief of losing a loved one through suicide. They recognised the need for a dedicated service particular to suicide bereavement. Since then Console has continued to develop into a professional organisation responding to the needs of those bereaved by suicide within the community in a variety of ways. Currently, Console has centres in Wexford, Dublin, Galway, Limerick and Cork.

1 Life Suicide Helpline

1800 247100.

A 24-hour prevention helpline for anyone in suicide distress. Professional counsellors and volunteers respond to calls seven days a week to support callers in need of help.

Suicide Bereavement Service

Lo-call 1850 201249

Offers free, confidential support to family members and friends of those bereaved.

It's Good 2 Talk Counselling Support Services

3rd Floor, Iberius House, Common Quay Street, Wexford. Telephone 053 9126596

Email itsgood2talk@mail.com, www.itsgood2talk.com,

www.facebook.com/counsellingpsychotherapy

Opening Hours: Monday to Friday 9.00am to 6.30pm

Saturday afternoons and Sunday; emergency only – contact 087 9726824

It's good to talk is a Community-Counselling Partnership and Health-Care Network Service that provides low fee paying professional counselling psychotherapy support to all, and where appropriate, free of charge.

Samaritans Ireland

Telephone: 1850 60 90 90 Website: www.samaritans.org

Samaritans Ireland provides 24-hour emotional support to anyone experiencing distress, despair or suicidal thought.

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Counselling Services

Regional Suicide Resource Office

Contact Mary O Shaughnessy Telephone: 051 874013

Email: maryl.oshaughnessy@hse.ie

Community Counselling Services

See your local Family Resource Centres or Community projects.

Private Counsellors

A list of Counsellors practising in the Wexford area is available from **Wexford Citizens Information Centre**, see p16.

Addiction Services

County Wexford Community Based Drugs Initiative (CDBI) Including Education and Prevention Services and Drugs Outreach Services.

FDYS Youth Work Ireland, Francis Street Wexford

Open Monday to Friday contact Ann Lacey or John Paul O'Neill.

Email: ann.lacey@fdys.ie or johnpaul.oneill@fdys.ie. Telephone: 053 9123262.

Health Service Executive

County Wexford Community and Mental Health Substance Misuse Team

Provide a confidential, easily accessible, education and counselling service to empower those affected by alcohol and substance misuse issues in achieving their goals, and an education and training service to other professional and community groups. Contact details:

County Wexford Community Substance Misuse Team

Adults, young people and concerned parents – self referral encouraged

Contact: Susan Barnes (Co-ordinator)

St John's Hospital, Enniscorthy, Wexford Telephone 087 2329880

Mental Health Substance Misuse Team (Adults Only – GP referral only)

HSE Community Mental Health Centre

Summer Hill, Wexford Telephone 053 9123899

Addiction Services

Aiseiri Centre

Roxborough, Wexford. Telephone 053 9141818

Referral: Anyone can come for a screening, either referred by self or by psychiatrists, out-patient community-based programmes; family member; social workers; probation services; hospital emergency units; G.Ps; industry/employers.

Objectives: treatment of persons suffering from alcohol, drugs and gambling addiction, counselling and support for the family members/concerned persons.

Gamblers Anonymous

Support group for people with gambling addiction

Aiseiri Centre Roxborough Wexford Telephone 053 9141818

The Cornmarket Project

Wexford Local Development, Block A, Spawell Road, Wexford.

Confidential Line 053 914493, Telephone 053 9155817

Email info@wld.ie Website: www.wld.ie

Contact: Paul Delaney

Addiction support and counselling services which are free of charge.

Alcohol Anonymous (AA)

Leinster Phone Service: 01-8527000 Website: www.alcoholicsanonymous.ie

Wexford Town: Dun Mhuire Theatre, Parish Hall Sth Main St, Presbyterian Church

Anne St, Community Mental Health Centre Summerhill, Aiseiri Roxborough.

Enniscorthy: Day Care Centre St John's Hospital, St Senan's Hospital, The Friends Meeting House, Holy Family School Glenbrien.

Gorey Old Christ Church School Charlotte Row,

New Ross: YMCA building John Street, Augustinian Hall Chapel Street.

Also weekly in Bridgetown AOH Hall, Ballymore in Killinick, Kilrane Community Centre, Ballygarrett, Fethard on Sea, Kilmuckridge, Bunclody and Colgreany.

A full list of days and times of meetings in all of the above locations is available on the website or through the phone service.

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Addiction Services

Narcotics Anonymous

Telephone 086 8629308. Email: Info@nairleast.org

Covers all Leinster Region.

AI – Anon

Aiseiri Centre, Roxborough, Wexford. Telephone 053 9141818

Email: infowexford@Aiseiri.ie Website: www.ai-anon-ireland.org

A support group for family and friends of problem drinkers. The service is free of charge and confidential. Meetings also held in the areas below.

Wexford: Aiseiri Tuesday 11am,

Mental Health Centre, Summerhill, Wednesday 8pm

Enniscorthy: St John's Hospital, Day Care Centre, Monday 8.30pm

Gorey: St Joseph's facing the RC Church, St Michaels Road, Wednesday 7.30pm

Mental Health

HSE Community Mental Health Centres

There are 4 Community Mental Health Services and Social work support is available through the centers. Team leaders: Geraldine Merrigan Wexford/New Ross

Phyllis Barry Enniscorthy/Gorey

Summerhill Community Mental Health Center,

Summerhill, Wexford Town. 053-9123899.

Maryville Community Mental Health Center,

Cross Street, New Ross. 051-425648.

Carn House Community Mental Health Center,

Grounds of St John's Hospital, Enniscorthy. 053-9233252.

Tara House Community Mental Health Center,

Civic Square, The Avenue, Gorey. 053-9488900.

GROW Community Mental Health Movement

Telephone: 1890 474 474, www.grow.ie

Ellen Ryle: 087 2291718 Email ellenryle@grow.ie

Maurene Howell 086 7706064 Email maurenehowell@grow.ie

Weekly meetings emphasise a self-help and mutual help to mental health and the development of personal resources. Free, confidential and open to all.

Mental Health

AWARE

Helping to defeat Depression. Helpline 1890 303302

Main Office: 01 6617211 or Rosemary: 085 8568204

Gorey: Family Resource Centre, 4 Charlotte Row, Wednesday @ 7.30pm

Wexford: Clonard Community Centre, Wednesday night @ 8.00pm

HSE Child, Adolescent and Family Psychology Service South

Wexford Health Centre: Grogan's Road, Wexford

Contact: Peadar Maxwell, Senior Psychologist: Telephone: 053 9185621

New Ross Health Centre: Hospital Grounds, New Ross

Contact: Valerie Hyde, Psychologist, Telephone 051 440246

This service offers parents the opportunity to present difficulties / stress that they are experiencing with their children such as, managing behaviour, parental separation, relationship difficulties between parent and child etc. To avail of this free service parents simply telephone: 053 9185621 to make a required booking.

Child, Adolescent and Adult Primary Care Psychology North

Enniscorthy Health Centre, Mill Park, Enniscorthy Telephone: 053 9243722

Contact Deirdre Naughton:

Gorey Health Centre: Telephone 053 9430134

Contact Hendrik Potgieter / Paula Koechlin:

For more information on the psychology service for children, adolescents and adults in North Wexford (Enniscorthy and Gorey areas) contact the Senior Psychologist on 053 94213374 or talk to your G.P.

Adult Mental Health Social Workers

Wexford & New Ross:

Geraldine Merrigan 053 9123899 & Caroline Kavanagh 051 425648.

Enniscorthy and Gorey:

Phyllis Barry, Ann Porter and Breda Slattery 053 9243200

Assess needs and work with clients and their families to improve their quality of life and address those social circumstances that are contributing to ill health.

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Mental Health

Psychology for Persons with disabilities and Autism

Children and Adolescents: Contact Paul O Grady, Senior Psychologist, St John's Hospital, Enniscorthy. Telephone: 053 929815

Adults: Contact Ms Anna Moore-Asgharian, Senior Psychologist, St John's Hospital Enniscorthy. Telephone: 053 9259814

Family Services

Barnardo's

16 North Parade, Gorey Co Wexford Telephone 053 9481014

Contact (Fiona Day / Kate Murphy). Email info@wexford.barnardo.ie

Springboard Family Support Project

Youth New Ross, CBS Primary School Grounds, The Bullawn New Ross. Telephone 051 425415 Website www.youthnewross.com

Supports young families and single parents in the New Ross Area

Wexford Support Group for Parents of ADHD or Autistic Disorder Children

Contact Ger or Louise as above in the Springboard Project.

Telephone 051 425415.

Social Workers

Telephone 053 9123522 Open Monday to Friday 9.00am to 5.00pm

This is a statutory service, providing child protection, welfare and preventative / support service to children under 18 years of age and their families. The services available include assessment and follow-up of child abuse allegations, family support, foster care, support to children in residential care and an after care service. A home based family support worker services is also available.

Community Welfare Office

Department of Social Protection, Community Care Centre, Grogan's Road, Wexford Telephone: 053 9123522

Family Resource Centre's

Gorey Family Resource Centre

4 Charlotte Row Upper Main Street Gorey Telephone 053 9489017

Email: goreyfrc@gamil.com www.facebook.com/Goreyfrc

Website: www.goreyfrc.org

Open Monday to Friday 9.00am to 5.00pm evenings from 6.30pm to 9.00pm

The Centre offers a variety of services, educational and developmental programmes and supports to individuals and families in the area. The Centre has a welfare rights and information service, and offers supports to those experiencing domestic violence.

Raheen Family Resource Centre

Raheen, Clonroche, Enniscorthy Co Wexford

Telephone: 051 428805 Website: www.raheenfamilysourcecentre.ie

The Centre is open Monday to Friday from 7.45am to 6.00pm providing childcare and a broad range of supports and services to the local community including: Education and Training; Youth Club; Day Centre; Counselling and IT Training.

South End Community Group

1 Trespan Court, The Faythe, Wexford, Telephone: 053 9126027

Email: southend@eircom.net

The Family Resource Centre offers a range of programmes, groups and activities to the community including Youth and Children's programmes, men's and women's groups and training and education opportunities.

Taghmon Family Resource Centre

Joseph Street Taghmon Wexford, Telephone: 053 9134465 / 089 444 9925 (text)

Email: info@taghmonfrc.ie Website: www.taghmonfrc.ie

The Centre offers a variety of supports and programmes to families and individuals such as; Supports to parent; older people, men's shed and breakfast club, counselling, women's groups and training and education programmes.

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Community Development Supports

Community Development Worker HSE

North Wexford: Contact: Thelma Blehein, Senior Community Development Worker.
Telephone: 053 9489057 Email: thelma.blehein@hse.ie

South Wexford: Contact: Sheila Barrett, Community Development Worker.
Telephone: 053 9121410 ext. 211 Email: sheila.barrett@hse.ie

Community Development Workers support groups and communities in developing innovative responses to identified health and social needs.

Wexford Local Development Traveller Community Health Programme

Contact Laura Myles. Co-ordinator, North Wexford, WLD Enniscorthy

Telephone: 053 9155867 Email lmyles@wld.ie

Valerie O Flaherty, Co-ordinator, South Wexford, WLD Enniscorthy

Telephone: 053 9155875 Email; voflaherty@wld.ie

Community Development Supports

South West Wexford Community Development Project

The Ramsgrange Centre, Ramsgrange Co Wexford. Telephone 051 389418

Contact Details: Manager Sharon Kennedy Facebook south west wexford cdp

General project email reception@swwcdp.com website www.swwcdp.com

South West Wexford CDP is responsible for the delivery of a variety of Government funded programmes and activities including childcare, rural transport and education and training providing quality work experience and placements through the FAS Community Employment Scheme and the U programme.

Wolfe Tone Community Development Project/Childcare

Wolfe Tone Community House, 34 & 36 Wolfe Tone Villas, Wexford

Michelle Power wolfetonechildcareproject@gmail.com Telephone 053 911790

Community Health Project: Siobhan Hayden siobhay@yahoo.ie 053 9171790

Wolfe Tone CDP provides childcare, afterschool, men's group, women's group whilst also providing support to families on issues affecting the community.

Community Health Project empowers people to take care of responsibility for their own health through various programmes delivered using community development practices and principles.

Information Centres

Wexford Citizens Information Centres

Citizens Information Centre's (CIC) provide information and advice on rights and entitlements. The service is free of charge, confidential and independent.

Wexford CIC 28 Henrietta Street Wexford. Telephone: 0761 076720,

Email: wexford@citinfo.ie

Monday to Friday 10.00am to 4.00pm. A free Legal Aid Clinic is held on the 1st Thursday of each month.

Enniscorthy CIC, 26 Court Street Enniscorthy, Telephone: 0761 076690,

Email: enniscorthy@citinfo.ie

Monday, Wednesday and Friday's 10.00am to 1.00pm. Tuesday and Thursday's 10.00am to 1.00pm and 2.00pm to 5.00pm. Closed during lunch time.

Gorey CIC, Unit 3, The Plaza, Pearse Street Gorey, Telephone: 0761 076700

Email: gorey@citinfo.ie

Wednesday and Friday's 10.00am to 1pm. Monday, Tuesday and Thursday's 10.00am to 1.00pm and 2.00pm to 5.00pm. Closed during lunch time.

Money Advice and Budgeting Services (MABS)

98 – 100 South Main Street Stonebridge Wexford, Telephone: 0761 07 2780

Email wexford@mabs.ie

Open Monday to Friday 9.00am to 12.45pm and 1.45pm to 5.00pm

A free of charge, confidential and independent advice service available to people in financial difficulties which enables them to manage their finances.

Gorey Centre for the Unemployed

The Avenue Gorey Telephone 053 9420037 Email: gucl@eircom.net

Wexford Local Development

Wexford Local Development has a number of information centres around County Wexford. Email: info@wld.ie

Wexford; Block A, Spawell Road, 053 9155800

Enniscorthy; Mill Park Road, 053 9155864

Gorey; Clonattin Corner, Coach Road 053 9155852

New Ross; 10 Mary Street, 053 9155885

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Information Centres

Kilmuckridge Information Centre

The Health Centre Kilmuckridge Telephone: 053 9123522

Monday to Friday 9.30am to 1.00pm and 2.00pm to 5.00pm email
info@kilmuckridge.org

A free of charge and confidential service

Department of Social Protection Local Offices

Wexford: Anne Street, Telephone; 053 9165400

Opening hours 9.30am-4pm Mon – Thurs and 9.30am-3pm on Friday.

Gorey: Thomas Street, Telephone; 053 9430040

Enniscorthy: Captain Weafer Hall, Spring Valley, Telephone; 053 9242900

New Ross: Cross Street, Telephone; 051 421693.

Opening hours for Gorey, New Ross and Enniscorthy are 9.30am-12pm and 2pm-4pm Monday to Friday.

Youth Support Services

Youth Info FDYS Youthwork Ireland

Francis Street Wexford, Telephone: 053 9123262, Email: youthinfowex@fdys.ie

Text: 083 1021807 for information, support and advice for women, their families and children (where appropriate).

Community Based Drugs Initiative John Paul O Neill @ 053 9123262

Coolcotts Community Youth Project - Ricky Keeling @ 053 9143488

Gorey Community Youth Project - Carmel O Brien @ 053 9480749

Enniscorthy Youth Project - Pilar Loring @ 053 9234574

New Ross Drop In - Ann Lacey @ 087 9351754

Junglebox Childcare Centre Wexford Joy Keyes @ 053 9121166

Wonderland Childcare Centre (Enniscorthy) Joy Keyes@ 053 9237886

The Cloister Project Frances St Wexford Julie Dowdall @ 053 9123262

Young Women's Education and Development Project FDYS

Contact Maria Brennan Telephone: 053 9123262, Telephone: 085 8888388

Youth Support Services

Gorey Youth Needs

Mary Ward Lane, Gorey Contact: Sandra Collins Telephone: 053 9422611

Mobile: 085 8612670 Website: www.goreyyouthneeds.com

Email: info@goreyyouthneeds.com

Teenage drop in service, community childcare service, youth training and after school groups.

Rainbows Ireland provides support for children after loss

National Office 01 4734175 www.rainbowsireland.com, ask@rainbowsireland.com

Youth Reach

8 Castle Street Enniscorthy, Co. Wexford. 053 9234982

Teen Between

A support service for the adolescent children of separated parents.

Contact: Mairead Duffy, Telephone: 053 9123262.

Childline Service

Telephone: 1800 666 666, Website: www.childline.ie Text 'TALK' to 50101

Legal Services

Wexford Law Centre - Legal Aid Board

Unit 8 Redmond Square, Wexford, Telephone: 053 9122622

Open Monday to Friday 10.00am to 12.30pm. and 2.00pm to 4.00pm.

Provides legal aid and advice in civil cases to people whose means are below a set limit. There is a charge for each service provided. Charges are related to means to pay (means tested). Information leaflets covering many aspects of family law are available.

Wexford District Court Clerk

Unit 7B, Ardavan Business Park, Ardavan, Wexford

Contact Deirdre McCarthy, Telephone: 053 9122097 Email wexforddc@court.ie

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Legal Services

Gorey District Court Offices 053 912 2097

People are advised to contact Law Centre where a solicitor would be available. District Court Offices will issue proceedings in emergency cases.

Family Mediation Services.

Dublin: Telephone: 01 6114100 (Full-time)

Wexford - 32 Quay West Telephone 053 9163050 Thursday and Friday only. Email fmssouth@fsa.ie

This is a free service. Couples who have decided to separate are assisted towards negotiating their own separation. This reduces the legal cost of separating as a draft agreement can then be finalised by a solicitor. It does not provide relationship counselling or legal advice.

Probation and Welfare Services

Department of Justice and Equality

Government Offices, Anne Street, Wexford Telephone 053 9142076

For any information look up website: www.probation.ie

Health Care

Ambulance Service (24-hour) Telephone 999 / 112

Contact your family doctor or a G.P. who can help with any physical or psychological problems in strict confidence. He / she can refer you to other agencies for further advice. Local Doctors work together to provide a 24-hour service.

Accident and Emergency Unit

Wexford General Hospital Wexford Telephone: 053 9142233

CAREDOC

Wexford Telephone: 1850 334999

Out of hours family doctor service for patients with urgent problems who need to contact a doctor after surgeries close.

Health Care

Public Health Nurse (PHN)

Community Care, Grogan's Road, Wexford

Telephone 053 9123522 Ext. 356

Alternatively contact your PHN locally. Most are available at Health Centres between 9.30am and 10.30 am approximately each morning.

Community Health Care

Carsten Kohl Social Worker for elder abuse Telephone: 053 9243222

People with Disabilities

Co-ordinator Ann Ennis Community Care, Wexford Local Office, Telephone: 053 9123522

Referrals by Public Health Nurse, occupational therapist and physiotherapists. This service provides day-care, respite and residential care through voluntary agencies on a needs be basis.

Other Relevant Agencies

Access 2000

2 Green Street, Wexford, Telephone: 053 9121200 Email: accesswex@iol.ie

www.access2000wexford.com

Women's community education and development project, providing courses for women experiencing educational, social or cultural disadvantage.

ParentLine

ParentLine Carmichael House, 4 / 7 North Brunswick Street, Dublin 7

Telephone: 01 8733500. Helpline: 1890 927277

Parentline is a confidential, non-judgmental service offering support to parents in the difficult task of parenting, especially those who are experiencing difficulties in the family, those who wish to increase their skills and those who wish to initiate change in their parenting.

Irish Country Woman's Association (ICA) Wexford

To find your nearest guild contact 01-6680002 or www.ica.ie

Aims to bring women together in fellowship and to improve the standard of life in Ireland.

Enough is Enough

Information on Employing a Solicitor

If your abuser is your spouse, partner or close family member you can choose to obtain legal protection.

Questions you may find helpful when employing a solicitor

Have you experience in family law?

How much do you charge by the hour?

What is your minimum fee and what is covered in this fee?

How many negotiation sessions are included?

What is your rate for appearance in court?

Also, having outlined your situation

How much maintenance can I expect?

If there is a separation agreement will the amount of maintenance be written in?

What are the advantages / disadvantages in having the amount written down?

Can I expect to remain in the family home?

Can I expect to get custody of my children?

What access rights can I expect my partner to be granted by the courts?

Remember

Your solicitor is there to represent you. If you do not understand, do not be afraid to say so. Keep in regular contact with your solicitor and ask how long each stage will take. A list of private Solicitors who practice Family Law is available from Citizen Information Centre Telephone: 0761 076720

On the day of a court hearing, attend at the time stated by your Solicitor but expect to wait some time before the case is called. Bring a friend to keep you company while you wait or contact **Wexford Women's Refuge** Telephone: 053 9121876 Helpline 1800 220 444. Email: wexrefuge@eircom.net

Information on Employing a Solicitor

Your Spouse, partner or abuser may be waiting close by. Keep your solicitor informed if you feel nervous or if any intimidation occurs. Family Courts are held in camera, i.e. in private and witnesses are only in the court for as long as it takes them to give their evidence. If you want someone to accompany you, the permission of the other party is needed. This then may allow them to bring someone in also. Ask your solicitor about your options.

All court cases are based on you giving evidence and your spouse / partner disputing that evidence. It is important that you have clear and relevant evidence to support you in your application. In the courtroom, your solicitor will guide you into giving the right evidence by asking you appropriate questions. It is important that you listen to your solicitor carefully and that you answer the question that your solicitor puts to you clearly. If you do not understand anything that is going on in court, you can ask the judge to explain what is going on before you agree to anything.

Remember at all stages of the legal process you have the choice to proceed or not to proceed.

Wexford Local Area Network

The main aim of the Wexford Local Area Network is to facilitate and improve inter-agency communication between all groups and agencies that provide services to women experiencing violence and abuse and the membership is drawn from many of those agencies, both voluntary and statutory. The end objective, therefore, is a co-ordinated response to the issues.

As a local Network we also work towards raising public awareness of the issues of violence and abuse against women, in particular the extent of the problem in our own communities. We can help to change attitudes by sending a clear, unambiguous message that our society condemns and abhors violence and abuse against women and that violence is a criminal offence.

The purpose of this booklet is to provide relevant information on the various support services in the Wexford area for women who experience physical, sexual and /or emotional abuse. The information included is intended as a guide only and it is recommended that the reader seek information or support directly from the relevant agency. While this booklet is aimed specifically for women experiencing violence and abuse, it may be of use to anyone in this situation.

Wexford Local Area Network on Violence Against Women Committee Members

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Local Area Network